



DREAM CRUISES

Dream Cruises Welcomes Coffee Lam, Top Hong Kong Fitness Influencer, To Headline *Vitamin Sea and Dream* with Exclusive Yoga Cruises On Board *Genting Dream*

The Only Summer Cruise in Hong Kong sets sail with new wellness program at sea, all-inclusive recreation and entertainment for the whole family, and more



Hong Kong, 9 July 2021 – *Vitamin Sea and Dream*, Dream Cruises' signature wellness concept, will make its Hong Kong debut on *Genting Dream* with the first-ever Yoga Cruise hosted by Coffee Lam, Hong Kong's top-ranking fitness influencer and certified Yoga instructor. Lam will headline the program with two special Yoga classes at sea on August 1 to 4, where Yoga lovers will have the rare opportunity to get up close and personal with the celebrity YouTuber, whose workout videos have amassed over two million followers on multiple social media platforms. Enjoy a truly liberating escapade from the urban jungle on the one and only summer cruise out of Hong Kong.

Power Your Body with Coffee Lam: Yoga Academy at Sea

Enjoy a dose of Vitamin Sea & Dream with Coffee Lam on *Genting Dream* who will be personally conducting two of her signature yoga classes: Gentle Stretching Yoga and Fitness Yoga at sea!



Coffee Lam is a Certified Yoga Instructor who is also the first Cantonese content creator to gain more than a million followers on YouTube. This supermom is an avid advocate of a healthy and balanced lifestyle of confidence, as well as the Founder of yoga apparel brand CoffeeSweat.

In addition to yoga instructional sessions, Coffee's YouTube channel also features workout videos that cater to a wide spectrum of audiences with different levels of physical activity and lifestyle, such as entry level Yoga routines and pregnancy workouts. All of the videos are simple yet effective, hence appealing to a huge number of followers.

On the Super Summer Seacation sailing of *Genting Dream* on August 1-4, Coffee will be personally conducting two of her signature yoga classes: Gentle Stretching Yoga and Fitness Yoga at Sea. This is a unique opportunity for avid Yoga enthusiasts who enjoy Coffee's tutorial videos to finally meet her in person and to engage in an interactive Yoga workout with the instructor herself.



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Guests who book via the Coffee Lam - Yoga Academy at Sea online gateway: <https://bit.ly/DreamCruisesCoffee> will be offered guaranteed admission to one of her two exclusive yoga classes onboard the cruise on a first-come, first-served basis.

Vitamin Sea and Dream: Sail to a Healthier Lifestyle

In this modern time where health and wellness has now become the new lifestyle status symbol, transformational and rejuvenating experiences have become ever more vital. *Vitamin Sea and Dream* is an integrated wellness lifestyle concept at sea that brings together top health experts, wellness and fitness gurus on an inspirational journey that is exclusive to Dream Cruises. An exciting line-up of activities are in store for the Super Summer Seacations of Genting Dream, including aquatic fitness classes with Keith Chan, President of Hong Kong Aquatic Fitness Society, who will take the guests through fun-filled aquatic workouts of Aqua High Intensity Interval Training (HIIT) and AquaWalk.



For hard-core fitness buffs who are looking to rev up their metabolism, they would not want to miss the Fitness Academy by Jen McCombie, HIIT Instructor, Powerlifter and runner, where she will teach a full-body, Tabata-style HIIT (High Intensity Interval Training) workout, as well as *Chasing Waterfalls*, an outdoor workout that makes the best use of the jogging track on Genting Dream.



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Guests will be geared with useful tools to boost their health and immunity at the Nutrition Immunity Boosting Academy with culinary and detox juicing workshops, where they will learn the secrets to eating right. They will also be inspired at Nutrilicious Academy by Michelle Lau, Registered Nutritionist (MSc.), nutrition educator, media personality, and Founder of NUTRILICIOUS, a B2B nutrition consultancy and communications company that aspires to inspire millions across Asia to eat their way to healthier and happier lives.



Vitamin Sea & Dream activities on Genting Dream

Departure date	Activity
1 August 2021	Coffee Lam: Yoga Academy at Sea
18 August & 22 September 2021	Keith Chan: Aqua Fitness 101
24 September 2021	Jen McCombie: Fitness Academy
1 October 2021	Michelle Lau: Nutrilicious Academy



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Around the World at Sea – First Stop: Japan



To sate the wanderlust of avid travelers, Dream Cruises presents *Around the World at Sea*, a series of thematic cruises that bring some of the most popular travel destinations onboard the ship. Throughout the month of September, guests of Genting Dream will be treated to a holistic experience that encompasses the best of Japanese festivities.

One of the major highlights of many Japanese festivals is to make wishes and pray for good fortune. Daruma dolls are considered cute lucky charms for the New Year, their rotund shape symbolising the ability to overcome adversity and to successfully achieve goals set by their owners. For an adorable photo opportunity, seek out specially designed Darumas located around the ship, each representing a different blessing to bring happiness to every guest!

Pray for your dreams to come true at the Wishing Shrine at Sea at the Zouk Beach Club. Complimentary Daruma wishing tags will be available for guests to write down their wishes and hang them on their favourite Wishing Shrine at Sea for good fortune, health and prosperity!



A myriad of complimentary and chargeable activities will also be available during the Japanese Festival at sea. Guests will learn to make their own iconic keepsakes that are iconic to traditional festivals, such as Japanese the amulets that can be found in shrines, Sunny Doll Chimes and Japanese fans. Programs also include How to Wear a Yutaka Workshops and Runway Shows, Geisha Make-up Demonstrations and Hair Ornament Tutorials, Origami Classes, Manga Drawing Lessons, Rajio Taiso Workouts, Japanese Parasol Dance and Bingata (fabric dyeing) Workshops.



Savour the many tastes of Japan with a variety of gastronomic delights sponsored by Okinawa Agricultural Cooperative Association, the Okinawa Prefectural Livestock Industry Promotion Foundation and Okinawa Livestock Products Export Promotion Council. In addition to Japanese festival deli food stalls that offer such delicacies as Okinawa Long Pork Sausage, Okinawa One Snap Pork Chop, Japanese okonomiyaki and Takoyaki from Osaka, Red Bean Dorayaki and Hanami Dango, there will also be exclusive free tasting of non-export Okinawa Wagyu beef for guests of Genting Dream to enjoy.



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Maximize Your Super Summer Seacation - Special Family Package Offer



For a limited time only, guests can book a family cruise in a sea-view balcony stateroom with a special 50% discount for the third and fourth guests. The cruise fare includes a wide variety of complimentary entertainment and recreational activities aboard the floating resort, such as the Waterslide Park and the Kids Waterpark, Zipline and Ropes Course, Rock Climbing Wall and more.

Please download hi-res images at:

<https://gentinghk-my.sharepoint.com/:f/p/corpcomm/ErpIFNLBMdFBmdciPK3trAUBIs-hX72iZ7klloXAnifsDg?e=c3ab6E>

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About Dream Cruises

Genting HK brings 26 years of Asian cruise industry experience in creating its new cruise line – Dream Cruises. Featuring a complete fleet of quality, German built vessels for Asian sourced passengers, Dream Cruises aims to be a pacesetter in the global cruise industry, meeting the needs of the ‘emerging generation’ of confident, independently minded and upwardly mobile Asian travelers. Dream Cruises offers inspirational journeys, which are Asian at heart and international in spirit.

Purpose-built for the Asian market, Genting Dream, the first ship of the fleet, debuted in November 2016, with her sister ship World Dream joining in November 2017, offering guests cruising from Guangzhou, Hong Kong and Singapore the highest levels of service, as measured by crew to passenger ratio, and most spacious comfort as measured by gross tons per lower berth. Further expanding the Dream Cruises family, Explorer Dream joined in 2019 with homeports in Shanghai, Dalian and Tianjin during summer and Australia and New Zealand in winter. Construction has also started in Germany on the 208,000 gross ton Global Class ship that will join the fleet in 2022.

Dream Cruises has been recognized by the Berlitz Cruising and Cruise Guide 2020, ranking Genting Dream and World Dream once again in the world’s top ten Large Resort Ships – the only two highest ships to homeport year-round in Asia. Dream Cruises’ third ship, Explorer Dream, also made her debut in the Berlitz Cruising and Cruise Ships 2020 guide under the “Mid-Sized Ship” category in the Top 20 position.

Dream Cruises was also recently awarded ‘Best Luxury Cruise Line’ at the Annual 30th Travel Trade Gazette’s (TTG) Travel Awards 2019 and ‘Best Cruise Line – Cuisine’, ‘Best Cruise Line – Entertainment’ and ‘Best Cruise Line – Family’ by the Travel Weekly Asia Readers’ Choice Awards 2019.

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